

**Full Report (All Nutrients) 14047, Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan**

Report Date: December 03, 2015 11:18 EST

Nutrient values and weights are for edible portion.

**Food Group : Beverages****Nitrogen to Protein Conversion Factor:6.25**

Manufacturer Unilever

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 scoop 26g
<b>Proximates</b>					
Water	g	1.99	--	--	0.52
Energy	kcal	448	--	--	116
Energy	kJ	1876	--	--	488
Protein	g	8.13	--	--	2.11
Total lipid (fat)	g	13.34	--	--	3.47
Ash	g	2.62	--	--	0.68
Carbohydrate, by difference	g	73.92	--	--	19.22
Fiber, total dietary	g	18.1	--	--	4.7
Sugars, total	g	38.02	--	--	9.89
<b>Minerals</b>					
Calcium, Ca	mg	364	--	--	95
Iron, Fe	mg	0.68	--	--	0.18
Magnesium, Mg	mg	385	--	--	100
Phosphorus, P	mg	385	--	--	100
Potassium, K	mg	247	--	--	64
Sodium, Na	mg	472	--	--	123
Zinc, Zn	mg	17.31	--	--	4.50
Copper, Cu	mg	0.769	--	--	0.200
Selenium, Se	µg	67.3	--	--	17.5
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.3	--	--	0.3
Thiamin	mg	1.442	--	--	0.375

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 scoop 26g
Riboflavin	mg	0.654	--	--	0.170
Niacin	mg	38.462	--	--	10.000
Pantothenic acid	mg	15.385	--	--	4.000
Vitamin B-6	mg	2.308	--	--	0.600
Folate, total	µg	385	--	--	100
Folic acid	µg	384	--	--	100
Folate, food	µg	1	--	--	0
Folate, DFE	µg	653	--	--	170
Choline, total	mg	3.4	--	--	0.9
Vitamin B-12	µg	8.08	--	--	2.10
Vitamin B-12, added	µg	8.08	--	--	2.10
Vitamin A, RAE	µg	1034	--	--	269
Retinol	µg	1034	--	--	269
Carotene, beta	µg	1	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	3447	--	--	896
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	51.92	--	--	13.50
Vitamin E, added	mg	51.92	--	--	13.50
Vitamin D (D2 + D3)	µg	9.6	--	--	2.5
Vitamin D	IU	385	--	--	100
Vitamin K (phylloquinone)	µg	96.2	--	--	25.0
<b>Lipids</b>					
Fatty acids, total saturated	g	1.450	--	--	0.377
4:0	g	0.012	--	--	0.003
6:0	g	0.003	--	--	0.001
8:0	g	0.004	--	--	0.001
10:0	g	0.008	--	--	0.002
12:0	g	0.008	--	--	0.002
14:0	g	0.047	--	--	0.012
15:0	g	0.137	--	--	0.036

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 scoop 26g
16:0	g	0.732	--	--	0.190
18:0	g	0.779	--	--	0.203
22:0	g	0.172	--	--	0.045
Fatty acids, total monounsaturated	g	10.510	--	--	2.733
16:1 undifferentiated	g	0.021	--	--	0.005
18:1 undifferentiated	g	9.469	--	--	2.462
20:1	g	0.110	--	--	0.029
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	1.190	--	--	0.309
18:2 undifferentiated	g	1.754	--	--	0.456
18:3 undifferentiated	g	0.100	--	--	0.026
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	5	--	--	1
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0